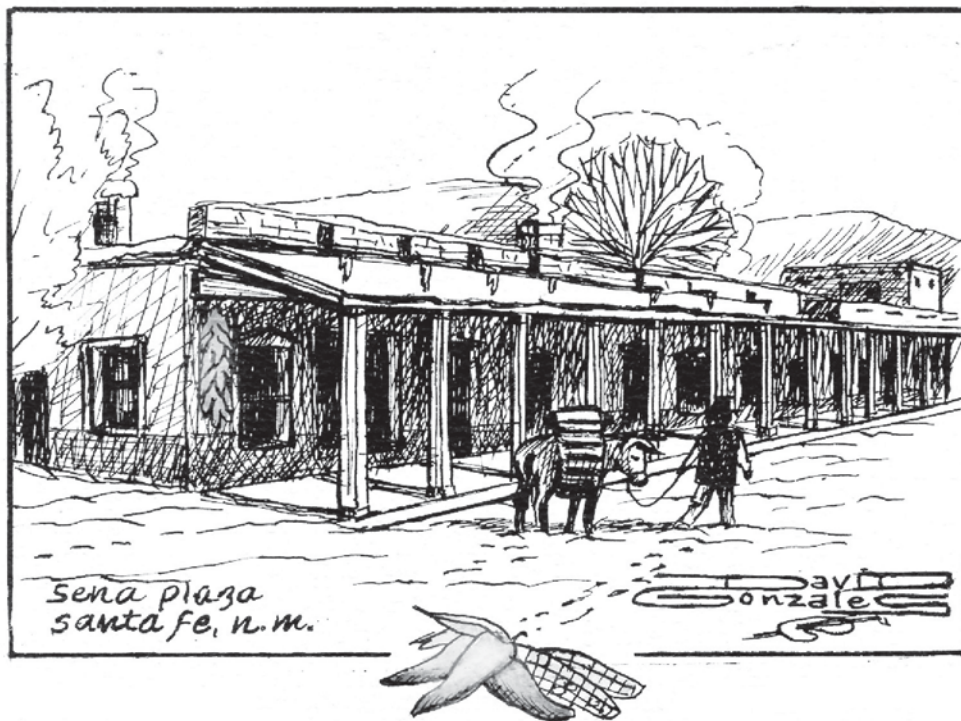


August 2004

# *The Senior Scene Vistas De Los Mayores*

City of Santa Fe  
Division of Senior Services



a complimentary monthly publication

**CITY OF SANTA FE**  
**DIVISION OF SENIOR SERVICES**  
**Administration Office**  
**1121 Alto Street, Santa Fe, New Mexico**  
**Patricia Rodriguez, Director**

**Administration**

Patricia Rodriguez, Director	955-4799
Ron Vialpondo, Assistant Director	955-4710
Mary Dean, Administrative Supervisor	955-4777
Gloria Polaco, Program Secretary	955-4721
Sadie Marquez, Reception	955-4741
Gladys Stewart, Reception	955-4741

**Nutrition**

Ron Vialpando, Assistant Director	955-4710
Lugi Gonzales, Program Administrator	955-4711
Yvette Sweeney, Administrative Assistant	955-4739
Carlos Sandoval, Inventory Supervisor	955-4749
Enrique DeLora, Inventory Technician	955-4750

**Meals On Wheels Kitchen**

Juan Apodaca, Program Supervisor	955-4748
Robert Duran, MOW Assessments	955-4747

**Senior Center Programming**

Lupita Martinez, Center Prog. Admin.	955-4725
Rose Slade, Program Coordinator	955-4755
Christine Sanchez-Warren, Prog. Coordinator	955-4715

**Foster Grandparent/Senior Companion Program**

Melanie Montoya, Volunteer Prog. Admin.	955-4761
Louise Kippert, FGP/SCP Admin. Secretary	955-4744
Linda Quesada, Section Clerk Typist	955-4733

**Retired Senior Volunteer Program (RSVP)**

Kristin Slater-Huff, Program Coordinator	955-4760
Cristy J. Montoya, Secretary	955-4743
Patricia Moeller, Senior Services Clerk	955-4735

**In Home Support Services, Respite Care**

**Homemaker, Non-Medical Personal Care**

Theresa Gabaldon, Program Supervisor	955-4745
Katie Ortiz, Clerk Typist	955-4746

**Senior Olympics/Physical Fitness**

Ron Pacheco, Safe Kids/Safe Seniors	955-4754
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**Senior Registration**

Brenda Ortiz, Database Specialist	955-4722
Connie Valencia, Support Staff	955-4734

**Transportation**

Danny Allen, Transportation Manager	955-4738
Fran Rodriguez, Transportation Dispatcher	955-4700
Cristina Villa, Transp. Admin. Secretary	955-4756

**Miscellaneous**

Lobby Area Phone	955-4735
Craft Room	955-4736
Pool Room	955-4737
Board Room	955-4757
FAX Machine - Administration	955-4797
FAX Machine - Nutrition	955-4794

**Newsletter Production**

Kristin Slater-Huff, Editor
Valerie Chelonis, Graphic Artist

**CITY/COUNTY SENIOR CENTERS - For meal times, please call centers.**

<b>CHIMAYO</b>	<b>351-4686</b>
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**Benny Chavez Community Center**  
**Chimayo, New Mexico 87522**

<b>EDGEWOOD</b>	<b>281-2515</b>
-----------------	-----------------

**114 Quail Trail**  
**Edgewood, New Mexico 87015**

<b>EL RANCHO</b>	<b>455-2195</b>
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**Community Center**  
**P.O. Box 3860**  
**Santa Fe, New Mexico 87501**

<b>ELDORADO</b>	<b>No Phone</b>
-----------------	-----------------

**1 Hacienda Loop**  
**Santa Fe, New Mexico 87505**

<b>LUISA</b>	<b>955-4717</b>
--------------	-----------------

**1522 Luisa St. (enter from Columbia St.)**  
**Santa Fe, New Mexico 87501**

<b>MARY ESTHER GONZALES</b>	<b>955-4721</b>
-----------------------------	-----------------

**1121 Alto St. Santa Fe, New Mexico 87501**

<b>PASATIEMPO (Rose Slade, Coordinator)</b>	<b>955-4755</b>
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<b>Kitchen</b>	<b>955-6433</b>
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**664 Alta Vista St.**  
**Santa Fe, New Mexico 87501**

<b>RIO EN MEDIO</b>	<b>988-3053</b>
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**Community Center**  
**El Alto Lane**  
**Rio en Medio, NM 87506**

<b>SANTA CRUZ</b>	<b>753-8598</b>
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**Abedon Lopez Community Center**  
**Santa Cruz, New Mexico 87567**

<b>VENTANA DE VIDA (Pacheco)</b>	<b>955-6731</b>
----------------------------------	-----------------

**1500 Pacheco St.**  
**Santa Fe, NM 87505**

<b>VILLA CONSUELO</b>	<b>474-5431</b>
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**1200 Camino Consuelo**  
**Santa Fe, New Mexico 87505**

# DIRECTOR'S REPORT

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On July 26-28 in Truth or Consequences, New Mexico, Ron Vialpando and I presented the Division of Senior Services (DSS) Fiscal Year (FY) 2005 Legislative Funding Request to the Area Agency on Aging (AAA). We are working hard to maintain our current level of funding and to obtain an additional \$293,000 for enhanced and new services. The new funding, if approved, will be used to expand family caregiver support services, obtain staff and funding to operate the new Eldorado Senior Center, add new staff to expand in-home support services in the Eldorado and Glorieta areas, and to expand our assisted transportation program which provides door to door transportation for seniors.

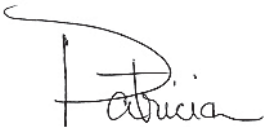
We also presented a \$4.36 million Legislative Capital Outlay Request. We requested \$2.26 million to build a new Southside Senior Center, \$750,000 to expand the DSS administrative offices at the MEG senior center, and \$250,000 to expand the Edgewood Senior Center. We also requested \$118,000 for kitchen and other equipment, \$750,000 for facility renovations and other building improvements at various senior centers, as well as \$235,000 for new vehicles.

Our FY 2005 Legislative request represents the largest program request in our 13 county Provider Service Area (PSAII). The AAA budget presentation is the first step in the long road to securing FY 2005 State funding for our senior programs. I will keep you updated as this process unfolds.

As you may know, we recently experienced major air-conditioning problems at the MEG and El Rancho Senior Centers. I apologize for any discomfort this may have caused, but rest assured that we worked diligently to immediately resolve these problems: both short-term and long-term. We obtained seven portable evaporative coolers and several large fans to address the immediate crisis. Robert Romero, Martin Valdes and Chip Lilienthal, from the CIP Engineering Division, were instrumental in allocating \$50,000 to purchase a new MEG air-conditioning unit for a long-term solution. Rudy Nelson Garcia, Frank Jaramillo, and Tony Flores, from Santa Fe County, made sure that repairs were made to the El Rancho cooling system. These gentlemen deserve our heart felt thanks for their responsiveness to our needs.

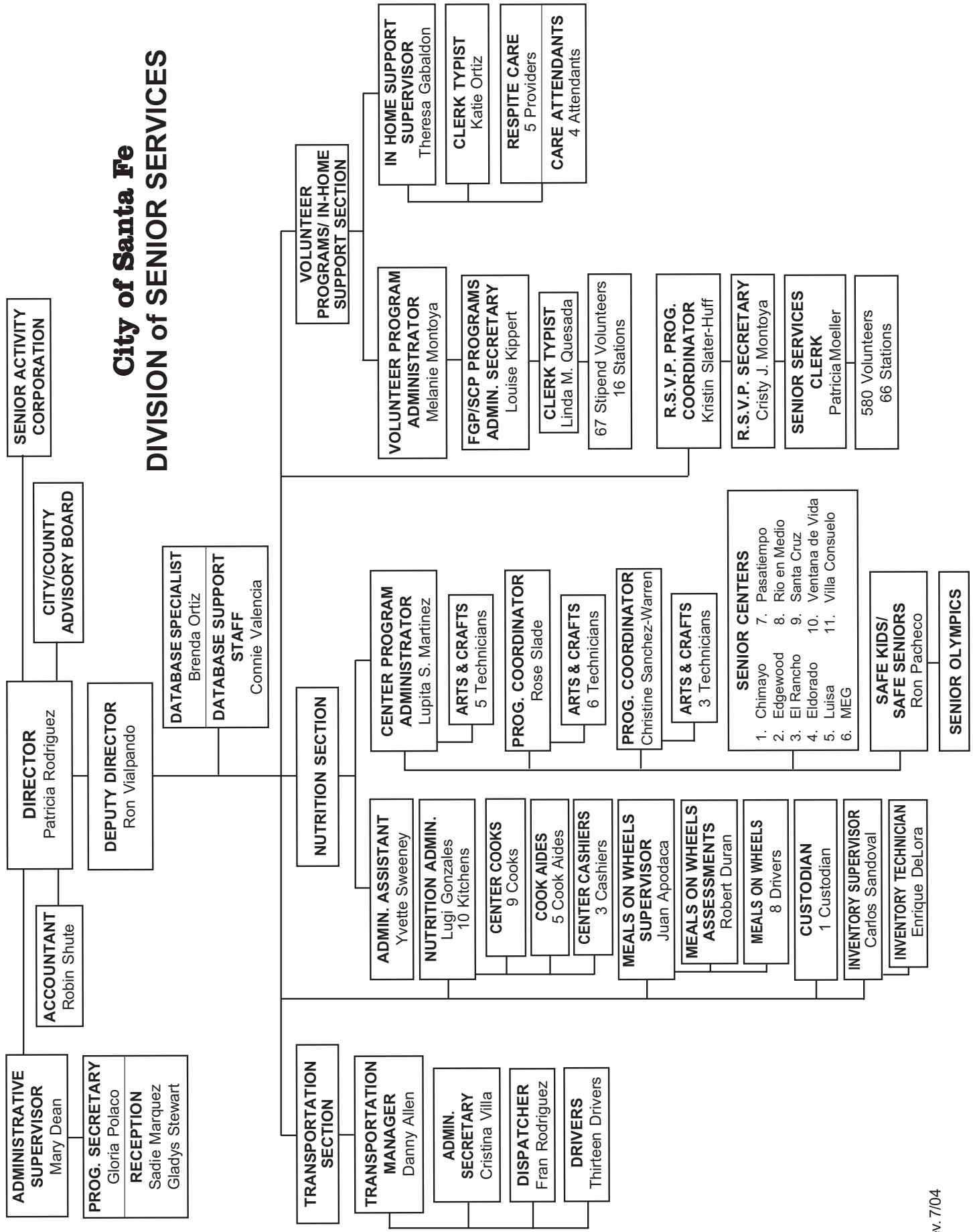
Thanks again for your encouragement and wonderful ideas for improving the quality of life for senior citizens in Santa Fe County.

May God Bless You All,



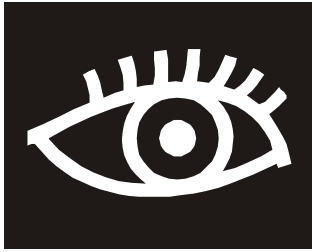
Patricia Chavez-Rodriguez, DSS Director







# NEWS & VIEWS



## Free Eye Tests

The Lions Club will host free eye exams for seniors on Friday, August 27 and Saturday, August 28. The tests will take place at La Familia Medical Clinic on Alto St. You must call ahead of time to receive a test. To request a test or for more information, please call 982-6810.

## Compensation Program

Did you, or someone you know, work at an energy lab such as Los Alamos or Sandia and experience medial illness such as cancer, chronic beryllium disease, chronic silicosis, or beryllium sensitivity? Former employees may be eligible for compensation and medical benefits through the Energy Employees Occupational Illness Compensation Program Act (EOICPA). Even specified survivors of deceased employees may be eligible for benefits.

Floyd Archuleta, Site Manager for the Energy Employees Compensation Resource Center, will be giving presentations at all senior centers. Don't miss this 20-minute, informative presentation. Invite others to come. Everyone is welcome!

**Santa Cruz Senior Center:** Monday, August 2 at 11:30

**Chimayo Senior Center:** Tuesday, August 3 at 11:30

**Rio en Medio Senior Center:**

Wednesday, August 4 at 11:30

**Ventana de Vida Senior Center:**

Tuesday, August 10 at 11:30

**Edgewood Senior Center:**

Thursday, August 12 at 11:45

**Pasatiempo Senior Center:**

Monday, August 16 at 11:30

**Villa Consuelo Senior Center:**

Wednesday, August 18 at 11:00

**Luisa Senior Center:** Friday, August 20 at 11:00.

**El Rancho Senior Center:**

Monday, August 23, 2004

**Mary Esther Gonzales Senior Center:**

Wednesday, August 25 at 11:30

## Grandparents Raising Grandchildren

Are you a grandparent or relative caregiver who is raising a grandchild? You are invited to attend a free forum, with breakfast, at the Santa Fe Community College.



Sponsored by AARP, the City of Santa Fe Division of Senior Services, the District II Area on Aging, and the Community College, the forum will bring together community organizations that provide services to grandparents and kids. The hope is to make your job as a caregiver easier.

The forum will be held on Wednesday, August 4<sup>th</sup> from 9:00 a.m. to 11:30 a.m. in the campus center of the College. Free child care will be available.

For more information, call 946-3601.



## Thank You

I would like to thank the staff and my friends at the Luisa and Mary Esther Gonzales Senior Centers who were so kind to participate in the celebration of my birthday in June. It was a great day and we had a lot of fun.

-Teresa Banal

## Old Las Vegas, New Mexico in August

August 7<sup>th</sup>: *Places with a Past Historic Buildings/Homes Tour* featuring the Montezuma Castle. Call (505) 425-8803

August 7<sup>th</sup> & 8<sup>th</sup> *Carnegie Library 100<sup>th</sup> Anniversary* Call (505) 454-1401

August 22<sup>nd</sup>: *Music from Angel Fire, Las Vegas Concert* Call (505) 425-1085

August 28<sup>th</sup>: *People's Faire, Arts & Crafts, Entertainment* Call (505) 425-1085

## Some Nature Observations

(By Edgewood senior Simon Arzigian)

One of the delights of the spring and summer months is observing the wildlife around us. The birds are the most numerous and diverse of the animals to be seen. I enjoy watching the birds as they come and go to the feeder. This year there seems to be a bumper crop of rabbits, at least there are in my yard. A squirrel decided, again this year to make a home under my front porch. At the first signs of the squirrel's intention I tried to discourage it. However, that squirrel was very persistent and was not giving in, so after awhile I surrendered and let it have its way. The small lizards of prior years are back again this year.

In addition to the animals there are several yucca plants in the yard which are sending up flower stalks. Last year these same plants produced no flowers. Not knowledgeable about these plants, I don't know whether or not that is normal for that plant. In any case I enjoy yuccas when they flower. Also, around the yard, there are some wildflowers, scattered here and there, but not in the abundance I would like to see. Presumably the paucity of moisture has limited the wildflower offerings this year.

Of different kinds of birds, and other animals, which frequent the bird bath and the feeder I am especially fascinated by the doves and quails. There is a pair of doves that are inseparable. When they feed, come for a drink of water, or perch on a branch, they are always together. The same is true of a pair of quails who reside nearby. The quail, when they have young ones, march in line from place to place. Right now there are only the two adults who are always together. The doves and quails exhibit a togetherness that is beautiful to behold.

Another thing that struck me, as I watched the birds feeding, was that they trusted that tomorrow food would again be provided. They in effect were taking one day at a time.

It is hard to avoid the temptation to compare the behavior of birds to that of humans. Birds and humans have long been associated with one another. In biblical times the dove was the messenger who brought news of the receding flood. It is just possible that we humans can learn something from our animal friends, after all they have been around the longest and seem to have perfected the behavior thing.

## Faith in Action Home Visitors Program Begins

(From *In Touch*, the Open Hands Newsletter spring/summer 2004)

Thanks to a Robert Wood Johnson Foundation grant, Open Hands is starting a new Home Visitors program. Not only will the program match homebound "friends" with volunteers for one-on-one personal companionship, but it will also support and coordinate similar existing local programs. The grant is part of the Johnson Foundation's Faith in Action initiative that supports 1,000 similar programs in all 50 states.

More than 25 affiliate organizations in the Santa Fe area have joined the Open Hands Coalition, including AARP, Church of the Holy Faith, City of Santa Fe RSVP, Cristo Rey Catholic Church, Nambe Pueblo and Sierra Vista Retirement Community, and visits have already begun.

Volunteers are expected to make at least one hourly visit each week. Besides the companionship, they can choose to help their friends in other ways-minor shopping, home maintenance, and/or transportation to and from appointments. Each relationship is personal and develops individually to meet the needs and wishes of both volunteer and friend. By October, there will be a useful and interesting training program to fully prepare new volunteers.

If you would like to be a volunteer, be visited by a volunteer, or just find out more, call Suzanne Byrne at 428-2352.

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## 2004 Community Resources Directory Now Available

The Pilots Club of Santa Fe has completely updated the 2004 Community Resources Directory with 285 agencies or programs listed. The Directory is a comprehensive resource for both agencies in the social service field and individuals seeking agencies or programs that can meet their needs.

The purchase price of \$10 partially covers printing. The Directory can be purchased at the City of Santa Fe, Community Services Department (on the 3<sup>rd</sup> floor of the Main Post Office building) or at the Genoveva Chavez Community Center.

For more information, call Terrie Rodriguez at 955-6914.

# NEWS & VIEWS continued

## Conference on Aging in Glorieta

Plan to attend this year's Conference on Aging, organized by the N.M. Aging & Long-Term Services Department, August 17, 18 and 19 at the Glorieta Conference Center.

As always, there will be dozens of fascinating workshops, classes and gathering sessions, as well as tables of information covering issues regarding the senior community.

Free blood pressure, blood sugar and oxygen level tests will be available. You will have an opportunity to meet many professionals and seniors in learning, discussion and social environments.

A tram will run between workshop times to carry you from one workshop to the next. This year's Outstanding Senior Community services awards ceremony will be presented on Tuesday night in the chapel. Come celebrate with this year's winners and enjoy the live music! Be sure to visit the health fair in the lobby of Holcomb Auditorium. You are welcome to attend a political forum. Candidates running for state and congressional offices will be invited to join us in an informal discussion session. Come and meet the candidates and share your thoughts on how to make New Mexico an even better place to live!

And remember, the conference isn't only about workshops. There will be numerous walks, low impact exercise classes, sessions of gentle yoga and gyrokinesis throughout the duration of the conference. In addition, we'll have great entertainment during breaks and in the evenings, including a dance.

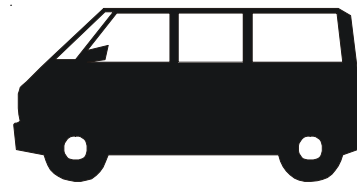
For more information, call 476-4799.

## Native American Events

Indian Market will take place on the Plaza.

Native Cinema Showcase will be at the Center for Contemporary Arts. Call 982-1338 for information.

Both events will take place August 19-22, 2004.



## SENIOR TRANSPORTATION INFORMATION

**Cost:** Seniors age 60 or over .25¢ suggested donation per one way trip  
Under 60, but ADA \$2.00 required per one way trip

**Scheduling:** Call for an appointment 24 hours in advance, before 3:00 p.m.  
Rides are available 8:00 a.m. to 2:30 p.m. on Tuesdays  
8:00 a.m. to 4:30 p.m. Mon, Wed, Thurs and Friday.

**Call:** Fran Rodriguez, Transportation Dispatcher at 955-4700

**Note:** Drivers may arrive up to 15 minutes before or after scheduled pick-up time.

## ECHO Commodities Food Distribution

At the County Extension Building.  
3229 Rodeo Rd.

Third Tuesday of every month  
9:30 a.m. - 1:30 p.m.

Next distribution August 17.  
Call 505-242-6777 for more information.



## Employment Opportunities

SER- Jobs for Progress and AARP Senior Employment Program have openings to hire eligible seniors. There are several positions each for Cook Aides and for Meals on Wheels drivers from the M.E.G. Senior Center.

All positions are 20 hours a week. Applicants must meet income guidelines and be at least 60 years of age.

For more information, please call Ron Vialpando at Senior Services at 955-4710.



## Summer Bandstand on the Plaza

Outside In Productions and the City of Santa Fe are pleased to announce the unprecedented musical event of the season: Summer Bandstand 2004.

All events are held on the downtown Plaza and are free. Bring your lawn chair and picnic baskets and tell your friends all about it. Evening performances are 6:00 to 8:00 p.m. and are every Monday through Thursday in August. There are noontime events as well.

Scheduled performers include: Margaret Burke and Friends, Chris Calloway and the Fly Di Hi Orchestra, Sol Fire, Anderson, Hogel, Johnson and Snider, The Jimmy Stadler Band, Mukwa, Estrellas de Santa Fe, Alex Maryol Band, Cristen Grey, Night Train, Los Mocoscas, Robert Mirabal, Terry Diers, Sean Helean Band, Lumbre del Sol and Aza.

For more information, contact David Lescht at Outside In Productions at 986-6054 or email [Info@outsideinproductions.org](mailto:Info@outsideinproductions.org)

## If You are Ever Going to Love Me

(Submitted by senior Lillian Phillipovich)

If you are ever going to love me,  
love me now, while I can know  
the sweet and tender feelings,  
which from true affection flow.  
Love me now, while I am living.

Do not wait until I'm gone  
and then have it chiseled in marble,  
sweet words on ice-cold stone.

If you have tender thoughts of me, please tell me now.

If you wait until I'm sleeping, never to awaken,  
there will be death between us,  
and I won't hear you then.

So if you love me, even a little bit,  
let me know while I am living, so I can treasure it.

## Rebalancing Long-Term Care Systems

(From the Centers for Best Practices)

The National Governors Association (NGA) Center for Best Practices announced on July 6 that it has selected eight states, including New Mexico, to participate in Rebalancing Long Term Care Systems Toward Quality Community Living and Healthy Aging, a new NGA policy academy. Through the academy, NGA experts will work with high-level state teams to help build customized strategies to increase community-living options and decrease the need for institutional care.

The academy will kick off in August with a meeting in Denver. There, teams will begin the interactive process of designing state-specific plans to create more balanced health care delivery systems that will help states maximize consumer choice, improve access to home and community-based services and programs, and reduce long-term care bias and costs – all within the states' current fiscal constraints. Participant teams will also examine strategies to enhance community infrastructure by developing and organizing community care services, addressing the mental health and substance abuse issues, and promoting healthy aging.

After the academy, governors will be encouraged to apply for a \$48,000 grant to help defray costs of implementing those plans in 2005.

For more information, please visit [www.nga.org](http://www.nga.org)

## Second Annual Dessert Extravaganza at Rosemont

Rosemont Assisted Living & Alzheimer's Community will host its 2<sup>nd</sup> Annual Dessert

Extravaganza and Open House. They invite you to come meet their new director, see their changes, meet residents and staff, and enjoy delicious desserts made by local restaurants and others.

The event is free and you are welcome to bring your own dessert for prizes.

Everyone is invited on Thursday, August 12 from 6:30 to 8:30 p.m. at 2961 Galisteo St. in Santa Fe.

For more information, contact Theresa Cruz at 438-8464 ext.1000.







## The Edgewood Senior Center has had a busy summer

The Hat & Tea Social was a lot of fun. The men judged the women and the women judged the men on the different categories of hat styles. The Pancake Breakfast was successful, and the BBQ held in the park was well attended and everyone had a great time. The Christmas in July craft show was also a terrific event.

The Edgewood Senior Center welcomes everyone to its exciting events.

## Free "English as a Second Language" Classes

These classes are open to anyone who would like to learn English as their second language. Starting September 7, classes will be held at 1:00 p.m. every Tuesday and Friday for one month, at the Mary Esther Gonzales Senior Center at 1121 Alto St.

There is no fee, but classes are limited to 12 students. To reserve your space, please call Gloria at 955-4721.

## Clases de "Ingles Como Segundo Idioma" Gratis

Empezando el día siete de septiembre, habrá clases de "ingles como segunda idioma" en el centro de mayores Mary Esther Gonzales 1121 el Calle Alto. Clases son cada martes y viernes a la una de la tarde por una hora, por un mes.

Estos clases son gratis y para personas que quieran aprender ingles, pero esta limitada a 12 personas. Para hacer su reservación para las clases, llame a Gloria, al 955-4721.

## Homeland Security Information Update

(By Homeland Security volunteer and senior, D. Dante)

"We have nothing to fear but fear itself." Those famous words spoken to our nation by President Franklin D. Roosevelt at the beginning of WW II were true then and they are true now as we face the challenge of terrorism in America.

Homeland security begins at home. Our own homes and the welfare of our families and neighbors are more important now than ever before.

To help you be informed of what terrorism means to you personally, Dorothea Dante shall present four one-hour programs beginning in September at the Pasatiempo Senior Center on Saturdays from 9:00 to 10:00 a.m.

The information in the presentation is taken from Ted Turner's Documentaries book, **"Avoiding Armageddon"**. It is a guide to the threats to our individual and national security. It is a riveting and sober story of America's and the world's vulnerability in an age of terrorism and how we as individual citizens must act to insure our personal, national and global security.

A V.I.P. from the Office of Homeland security will be the guest speaker at the September 11 presentation. He will have some very interesting things to say.

Part 1: Saturday, September 11, 2004 @ 9:00 a.m.

Part 2: Saturday, October 9, 2004 @ 9:00 a.m.

Part 3: Saturday, November 13, 2004 @ 9:00 a.m.

Part 4: Saturday, December 11, 2004 @ 9:00 a.m.

TRY TO ATTEND THESE PRESENTATIONS. YOU WILL BE GLAD YOU DID.



## Senior Health Bazaar

Tuesday, August 10, from 9:00am to 3:00pm at M.E.G. Center. 1120 Alto Street. Sponsored by Turquoise Trail Physical Therapy.

# MEAL TICKET

# SALE

Attention  
Seniors  
age 60 and  
over:

**Purchase a 10-Meal Ticket at a reduced**

***suggested donation***

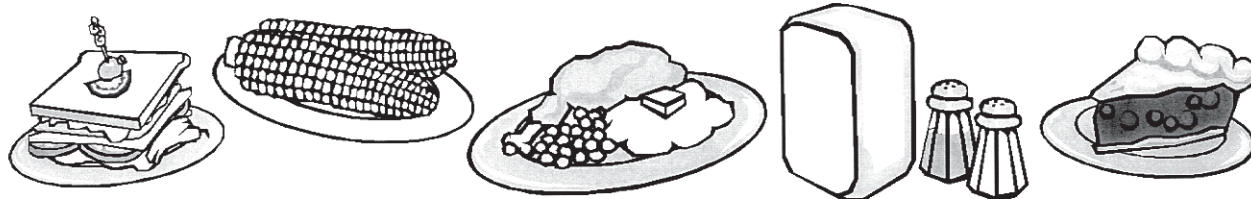
**of \$12.50 - (regularly \$15).**

**A savings of \$2.50!**

*Makes a  
great  
gift!*

*No need  
to carry  
cash!*

**To purchase, see your cashier or cook.**



**Tickets do not expire. Bring your ID card.**

**Present meal ticket to cashier.**

**Can be used at any senior center meal site.**

# LEGAL & CONSUMER INFORMATION

## Discharge Planning Rights

(Written by Michael Parks at the Senior Citizens' Law Office)

People who are hospitalized or in a nursing home usually need significant follow-up care. They are vitally interested in knowing what care they need, and how they can get it. The development and provisions of such information is called discharge planning, and is required by law. Yet discharge planning is not often provided in a meaningful way, and patients and their family members and friends often need to be persistent in order to obtain it.



Hospital discharge planning is required by Medicare, and by the standards of the "Joint Commission on the Accreditation of Health Care Organizations" ("JCAHO"). The right to effective discharge planning is separate from the right Medicare beneficiaries have to appeal hospital discharges they believe are premature.

Nursing homes also are required to provide discharge planning which is referred to in state licensure rules as relocation planning. Those rules require nursing homes to offer relocation planning meetings at least three days prior to a discharge, and to give patients and their families written notice of the availability of such meetings.

Failure by a nursing home to comply with this important requirement is common. Complaints about violation of discharging planning rights can be made to, among other places, JCAHCO (1-800-994-6610).

Additional information on this subject is available from the New Mexico Aging & Long-Term Services Department's statewide resource center which includes the Department's Benefit Counseling service (statewide toll-free, 1-800-432-2080).

## Don't Let Them Forge Your Checks

Buy a \$2 pen. All it takes to clean out your bank account is a signed check swiped from your outgoing mail and chemical acetone commonly found in nail polish remover, according to the AARP Newsletter.



It works like this: The crook steals outgoing paid bills from your mailbox and removes all the ink except your signature. Viola! The crook has a blank check, signed by you.

Only one type of ink-the kind in gel pens-is counterfeit-proof to acetone or any other chemical used in "check washing." Buy the Uni-Ball Gel Impact Pen, which sells for about \$2 at any office supply or chain store, according to a consultant for law enforcement and corporations on the art of the steal.



Hire your own spy. One of the best ways to stop identity theft is to subscribe to a service that alerts you when anyone checks your credit rating or attempts to open a credit account by using your name.

But make sure the service is quick about it. Many take a week or longer to notify you. Try the Privacy Guard Enhanced Program, which for a \$119-a-year fee notifies you by e-mail immediately. You'll be amazed by how often your credit is checked.

For more information call 877-202-8828.

The Attorney General's Consumer Protection Division may be reached at 827-6060.

# RSVP THE RETIRED AND SENIOR VOLUNTEER PROGRAM

## COMMUNITY NEEDS

*The following are volunteer positions, and each comes with training and support. If you are interested in any of these exciting opportunities, please call Kristin Slater-Huff in the Retired & Senior Volunteer Program office, at 955-4760. We will enroll you in RSVP, provide you with free insurance, and give you volunteer support through banquets, gifts and mailings while we set you up in the volunteer job(s) of your choice.*

## LET'S FOCUS ON THE CHILDREN



The Church of the Holy Faith runs an **Early Childhood Community** program for children 8 months through four years old. The children would benefit from volunteers who might simply like to

come in for an occasional 1 or 2 hours and share stories or crafts, or those who might be able to visit on a regular basis, perhaps every week. It is also possible a volunteer could be there during the children's nap time and bring a good book to relieve the teaching staff for their breaks. Or, a volunteer might want to become even more involved to help cover for sick and vacationing staff. All volunteers are given a background check, orientation and training.



All summer long, the **Santa Fe Children's Museum** is a whirling hub of growth and learning. Whether you like to get your hands dirty in the greenhouse, or assist a child make body-

encompassing soap bubbles, or whether sitting at the gift shop/admissions counter is more your style, if you like seeing kids smile, this is the place for you! The museum is wheelchair accessible and you can choose from many available work shifts. Get to where the action is.

The world is a big place for a little person. Join **Big Brothers/Big Sisters of Northern New Mexico** and help a boy or girl make sense of it all. Become a regular part of the life of an at-risk youth. Take your "little" to the park, or a museum, out to eat, or just for a walk. You will be surprised at how much of a difference your presence, your dependability, your care, can make to a young person. You will be matched with someone whose interests are the closest to yours. You and the child set the weekly visit schedule.

**Girls, Inc. of Santa Fe's** mission is "making girls bold, strong and smart". They are an after school program during the school year and a full day camp each summer. If you believe in their great mission, you can help out in their front office, answering phones and meeting bold, strong and smart girls! The camp is open Monday through Friday and even a few hours a week would be appreciated.

The **Safe Kids/Safe Seniors Program** is all about protecting those most vulnerable in our communities. If you worry about our children, you can step in by assisting with car seat



clinics, bike rodeos or safety presentations in schools. (If senior citizens are your interest, there are many opportunities to help there, too). Help prevent accidents and keep our children safe.

**Court Appointed Special Advocates (CASAs)** are "a child's voice in court." Each year, over ½ million children are removed from abusive or neglectful home environments and placed in foster care or institutions and their case ends up in court. CASA members are trained community volunteers appointed by a judge to speak up on behalf of these children in court. CASA asks for a commitment to the life of the case which is generally about two years. Make that commitment today.

What about reading? The **Santa Fe Public Library** on Llano St. has a children's book section that could always use more volunteers. You can re-shelve books, help with desk duties, or assist the children in finding a certain book or choosing wonderful stories. It is a busy, subdued atmosphere filled with magical tales.



# RSVP continued

## Questions and Answers about RSVP

(Excerpted from the *Chavez County RSVP Newsletter*)

### Why join RSVP when I already volunteer?

Because you do not actually volunteer *for* the Retired and Senior Volunteer Program. When you join RSVP, you become a member of a national organization that includes over 450,000 volunteers. You volunteer *for* an outside organization of your choosing. By joining RSVP, you are covered with free supplemental accident and life insurance with not cost to you. You receive newsletters, birthday cards, volunteer recognition gifts and invitations to the two annual volunteer parties.

### Why Should I Record my Hours?

Hours are collected to prove that the senior population is an active and vital resource to our communities. We are required to report to the federal government and others just how many hours our seniors have volunteered each quarter. We provide statistics to illustrate that what you do is really making an impact on the community. All RSVP, FGP and SCP programs across the country send in these reports. These numbers are then put together to show what people 55 and over are accomplishing nationwide. Program funding is based on those reports.

### If I do Good Deeds on my Own, Does that Count?

Absolutely. As long as you are not volunteering for an immediate family member, you are not being paid for your services, and you are not working on directly religious or political activities, you may consider your good deeds volunteerism. You do not need to report only those hours you spend at a particular volunteer site, like the hospital or soup kitchen. If you help a homebound neighbor, clean garbage from an empty lot, serve on a neighborhood crime watch committee, or any similar "community spirit" activity, you may count that time as volunteer work.

### What about Travel Time?

Yes, for the RSVP program, you may count the time you spend driving or riding the van directly to and from or during volunteer work as volunteerism.



**The Volunteer Programs wish a very happy birthday to our RSVP, SCP and FGP volunteers born in the month of**

## August

Aggie Cardenas	8/1	Susie L. Van Sant	8/17
Mary Louise Giron	8/2	Luis Maestas	8/18
Wanda R. Benziger	8/3	Rosina Ortega	8/18
Patricia T. Peterson	8/3	Bill Caperton	8/20
Joe A. Casados	8/4	Mary G. Loomis	8/20
Judy Maes	8/4	Audrey L. Quintana	8/20
Donald E. Bell	8/5	Karla Vigil	8/20
Barbara C de Baca	8/6	Mary Ann Newmaker	8/21
Rose Marie Lenahan	8/6	Roberto "Bobby" Casados	8/22
Margaret Edwards	8/8	Pedro Garcia	8/22
Ramona Griego	8/9	Margarito Garcia	8/22
Dori Lynn	8/9	Rae C. Garduno	8/22
Joe J. Martinez	8/10	Frank Lucero	8/22
Lorencita Martinez	8/10	Rudy Lujan	8/22
Rose Ortega	8/10	Arsenio J. Lucero	8/23
Toni Ann Gallegos	8/11	Paige Brown	8/24
Clarita Maestas	8/12	Patsy Campos	8/26
Pete Myers	8/12	Ruby V. Roybal	8/26
Ray L. Nichols Jr.	8/12	Dan Garcia	8/27
Arthur M. Gabaldon	8/13	Ernestine B. Hagman	8/27
Louise D. Salazar	8/13	Margarita Sanchez	8/27
Christine M. Backus	8/14	Lina Towles	8/27
Thelma Corning	8/14	Manuel Rodriguez	8/28
Virginia M. Hamilton	8/14	Helene Santiago	8/28
Beverly A. Ireland	8/14	Johnny P. Quintana	8/29
Elizabeth "Brett" Roorbach	8/15	Mary Ohman	8/30
L.W. "Roy" Stoesz	8/15	B. Sarala Baliga	8/31
Marta Demarest	8/16	Fred S. Fox	8/31
Lilly Duran	8/17	Ramon Gutierrez	8/31
Robert L. Sinn	8/17	Ben G. Martinez	8/31

**Have a Great Day!**

# ACTIVITIES

**Lovelace Sandia Health Systems** will be available at the following senior centers with information about their health plan:

**Lovelace Dates:**

Ventana de Vida Senior Center

On Monday, August 9<sup>th</sup> at 11:30 a.m.

Luisa Senior Center

On Tuesday, August 17<sup>th</sup> at 11:00 a.m.

Chimayo Senior Center

On Tuesday, August 24<sup>th</sup> at 11:00 a.m.

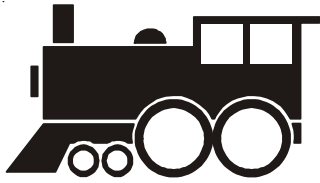
## Train Trip to Lamy with Picnic Lunch

Enjoy the beauty of autumn in New Mexico, Thursday, August 26<sup>th</sup>.

The \$30 fee includes round trip transportation from the M.E.G. Senior Center at 1121 Alto St. to the train depot, train boarding pass and a delicious sack lunch.

Fee is due by August 23

Space is limited! For reservations, call Gloria at 955-4721.



## Big Band Dance

C'mon and listen to the great music of Glen Miller, Tommy Dorsey and others!

You pick the songs you want to hear, from a collection of 78s.

Dance or just enjoy the music as you socialize.

Ventana de Vida Senior Center  
1500 Pacheco St.

Saturday, August 14<sup>th</sup> at 7:00 p.m.

This event is open to all seniors and refreshments will be served.

## Senior Center Movie Days

### M.E.G. Senior Center

Projected on a huge,  
Theater-style 14'x16'  
Screen

Showing Thursday, August  
12<sup>th</sup> at 1:15 p.m.



### Big Fish

Edward Bloom (Albert Finney) has always been a teller of tall-tales about his oversized life as a young man (Ewin McGregor), when his wanderlust led him on an unlikely journey from small-town Alabama, around the world and back again. His mythic exploits dart from the delightful to the delirious as he weaves epic tales about giants, a watch, and conjoined-twin lounge singers. His stories charm everyone except his estranged son (Billy Crudup). When Bloom's wife (Jessica Lange) tries to reunite them, their son has to learn how to separate fact from fiction. Comedy/Drama, Rated PG-13, Directed by Tim Burton

### Luisa Senior Center

Showing Wednesday,  
August 25<sup>th</sup> at 1:00 p.m.

### Hidalgo

Based on the true story of the greatest long-distance horse race ever run, this is the tale of one man's journey of personal redemption. Held yearly, the 3,000 mile survival race across the Arabian Desert was a challenge restricted to the finest Arabian horses ever bred. The wealthy Sheik (Omar Sharif) puts Frank T. Hopkins (Viggo Mortensen), an American cowboy billed as the greatest rider the West had ever known, and his horse Hidalgo to the test to win the race.

Epic/Action/Adventure, Rated PG-13,  
Directed by Joe Johnston  
Free popcorn and juice!



# ACTIVITIES

## Picnic and Ice Cream Social

Luisa Senior Center invites you to join them for music by Phil Trujillo, door prizes and delicious treats!

Friday, August 6<sup>th</sup> at 11:00 a.m.

Luisa Senior Center 1522 Luisa St.

Ice Cream Social sponsored by Heritage Home Healthcare.

## Fiesta Dance

coming in early September.

Watch for details in September's newsletter and flyers throughout the senior centers.

## Learn to Make Jams & Jellies

Learn how to make delicious jams and jellies, including traditional recipes, as well as sugar-free jam and chile jam.

This free class is sponsored by the Santa Fe County Extension Office

Monday, August 23 at 9:00 a.m.

M.E.G. Senior Center 1121 Alto St. in the craft room.

To reserve your space, call Imelda Garcia at 471-4711.

## Knit/Crochet for Needy Children

Make hats and scarves for children in our community. Instruction is available, but all levels of expertise are welcome. Join the group Friday afternoons at 2:30 in the M.E.G. Center at 1121

Alto St. Coordinator/Instructor Anna Ross

Begins Friday, August 20.

## Nutrition Presentation:

### Food and Drug Interactions

Join Senior Services Nutrition staff in learning how certain foods interact with medications and how to avoid some medical complications.

Sponsored by the Santa Fe County Extension Office

Tuesday, August 31<sup>st</sup> at 1:30 at the M.E.G. Senior Center 1121 Alto St.

For information and to reserve your space, call Imelda Garcia at 471-4711.

## Body Movement Classes

Join Howard Albertsen in these short, enjoyable exercise classes. Participants may sit or stand as they learn useful movements.. Howard skipped gym class all through high school, but he's a confirmed exercise fan now.

*If he can do it, so can you!*

Chimayo	Mondays	11:00
Edgewood	Tuesdays	11:00
El Rancho	Wednesdays	10:30
Santa Cruz	Wednesdays	12:00
Luisa	Thursdays	1:15
Villa Consuelo	Fridays	10:30
Pasatiempo	Fridays	12:30

Classes are free and everyone is welcome.



## Travel Committee Trip, Laughlin, NV

August 17-20, 2004

Includes three nights at the Edgewater Hotel/Casino and round trip bus

Cost per person:

Single room \$115 Double room \$105

Triple room \$100

August 17: Depart M.E.G. Senior Center 7:00 a.m.

Arrive Laughlin 5:30 Nevada time

August 20: Depart Laughlin 7:30 a.m.

Arrive M.E.G. Center 8:30 p.m.

Call: Virginia Lucero 983-8853 or 955-4721 or Tony Rivera 455-7777 or 955-4721

## Senior Center BBQs

El Rancho Center - Monday, August 9<sup>th</sup> at 11:00am

M.E.G. Senior Center - Wednesday, August 11<sup>th</sup> at 11:00am

Villa Consuelo Center - Wednesday, August 18<sup>th</sup> at 11:00am (Enjoy music at Villa Consuelo Center)

# ACTIVITIES

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## Senior Health Bazaar

Sponsored by  
Turquoise Trail Physical  
Therapy & Rehabilitation

**Mary Esther Gonzales Senior Center**  
**1121 Alto Street**  
**Tuesday, August 10**  
**9:00 a.m. to 3:00 p.m.**

This is sure to be a fun-filled day with something for everyone!

\*Specialists will be available for:

**Spa Treats** – Including foot massage/reflexology, skin analysis, and antioxidant testing.

**Proper Posture** – Hear straight about sitting straight. Presented by Michael Harning.

**Living with Vertigo/Dizziness** – At-home suggestions on how to relieve the symptoms.  
Presented by Mia Voigt.

**Pilates** Take this body exercise class for seniors. Wear loose clothing. Presented by Angela Bonacorsi.

**Nutrition Analysis** – Talk to a professional directly to answer your nutrition questions.

**Overall Health for Seniors** – This presentation will touch on many useful topics.  
Presented by Michael Harning.

**Exercise (Balance) Classes** – Learn to balance your body. Presented by Leslie Innis.

**Exercise (Core Stabilization) Class** – Learn to strengthen your body's core. Presented by Mike Anaya.

**Exercise Fitness Assessments** – Talk to a professional who will assess your fitness needs.  
Presented by Mike Anaya.

**Hand & Wrist Therapy** – Learn exercises to relieve pain and pressure caused by arthritis.

### ***Door Prizes! Refreshments!***

Turquoise Trail Physical Therapy & Rehabilitation  
Michael Harning, Director  
Two locations in Santa Fe  
984-2032

\*Tentative offerings – subject to change.

*Coming September 24, 2004...Annual Health and Safety Extravaganza*  
*Held at the Santa Fe Community College*



# ACTIVITIES schedule by center

All activities are free of charge and open to anyone 60 years and over with a senior membership card.  
Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.

Weaving Open Crafts Ceramics Shopping/Errands	<b>CHIMAYO</b> Monday Tuesday Wednesday Thursday	12:30 pm 12:30 pm 12:30 pm 12:00 pm	Coffee Social Guitar (beginner) Exercise Yoga Beg. Line Dancing Adv. Line Dancing Sing-A-Long (Span.) Sewing Wood/Straw Tai Chi Sounds of the Past (English)	<b>PASATIEMPO</b> Mon. thru Fri. Monday Mon./Wed./Fri. Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Thursday Mon. & Thurs.	8:00 am 9:00 am 10:00 am 8:30 am 12:30 pm 1:00 pm 11:30 am 1:00 pm 9:30 am 9:00 am 12:00 am
Board Games Ping-Pong Ceramics (beg.) Exercise Bingo Ceramics Leatherwork Sing-A-Long Art Technique	<b>EDGEWOOD</b> Mon. thru Fri. Mon. thru Fri. Monday Tuesday Tuesday Tuesday Wednesday Thursday Thursday	10:00 am 12:30 pm 1:00 pm 10:00 am 12:30 pm 1:00 pm 1:00 pm 1:00 pm 12:30 pm 1:00 pm			
Bingo Ceramics Weaving Open Arts & Crafts Shopping/Errands	<b>EL RANCHO</b> Mon./Wed. Monday Wednesday Tues./Wed. Thursday	12:00 pm 12:00 pm 9:00 am 12:00 pm 12:00 pm	Liquid Embroidery Ceramics Bingo	<b>RIO EN MEDIO</b> Wednesday Wednesday Wednesday	10:00 am 10:00 am 12:30 pm
Coffee Social Pool/Cards Liquid Embroidery Sing-A-Long Guitar Lessons Quilting Walking Bingo Movie Day	<b>LUISA</b> Mon. thru Fri. Mon. thru Fri. Monday Tuesday Wednesday Thursday Friday Friday Last Wed. of Month	8:00 am 8:00 am 9:00 am 11:45 am 9:00 am 9:00 am 8:30 am 1:00 pm 1:00 pm	Weaving Ceramics Open Crafts Exercise Wood/Straw Shopping/Errands	<b>SANTA CRUZ</b> Monday Monday Tues./Fri. Mon./Wed. Tuesday Thursday	9am/12:30pm 12:30 pm 9:00 am 9:45 am 12:30 pm 12:00 pm
Exercise Pool/Cards Bingo Movie Day Ceramics Wood/Straw Quilting Sing-A-Long	<b>M.E.G.</b> Mon. thru Fri. Mon. thru Fri. Mon./Wed. 2nd Thursday Wed./Fri. Thursday Thursday Friday	7:30 am 8:00 am 1:00 pm 1:15 pm 9:30 am 9:30 am 1:00 pm 11:30 am	Bd. Games/Cards Coffee Social Bingo Art Technique Open Crafts Exercise	<b>VENTANA DE VIDA</b> Daily Mon. thru Fri. Monday Tuesday Friday Daily	10:00 am 11:00 am 1:15 pm 1:15 pm 1:15 pm 8:30 am
			Coffee Social Ceramics Open Crafts Clay Bingo Wood/Straw	<b>VILLA CONSUELO</b> Mon. thru Fri. Mon./Wed./Fri. Mon./Wed./Fri. Mon./Wed. Tues./Thur. Wednesday	8:00 am 9:30 am 9:00 am 9:00 am 11:00 am 1:00 pm

Classes are subject to change or cancellation. For more information, please call 955-4725.

# ACTIVITIES schedule by class

All activities are free of charge and open to anyone 60 years and over with a senior membership card.  
Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.

## ART CLASS

Edgewood	1:00 pm	Thursday
Ventana de Vida	1:15 pm	Tuesday

## BINGO

El Rancho	12:00 pm	Mon./Wed.
Luisa	1:00 pm	Friday
M.E.G.	1:00 pm	Mon./Wed.
Rio en Medio	12:30 pm	Wednesday
Ventana de Vida	1:15 pm	Monday
Villa Consuelo	11:00 am	Tue./Thur.
Edgewood	12:30 pm	Tuesday

## BOARD GAMES

Edgewood	10:00 am	Mon. thru Fri.
Ventana de Vida	10:00 am	Mon. thru Sat.

## CERAMICS

Chimayo	12:30 pm	Wednesday
Edgewood (Beginner)	1:00 pm	Monday
Edgewood	1:00 pm	Tuesday
El Rancho	12:00 pm	Monday
Rio en Medio	10:00 am	Wednesday
Santa Cruz	12:30 pm	Monday
Villa Consuelo	9:30 am	Mon./Wed./Fri.

## CLAY

Villa Consuelo	9:00 am	Mon./Wed.
M.E.G.	9:30 am	Tuesday

## COFFEE SOCIAL

Luisa	8:00 am	Mon. thru Fri.
Pasatiempo	8:00 am	Mon. thru Fri.
Ventana de Vida	11:00 am	Mon. thru Fri.
Villa Consuelo	8:00 am	Mon. thru Fri.

## CROCHET/EMBROIDERY

Luisa (Liquid)	9:00 am	Monday
Rio en Medio (Liquid)	10:00 am	Wednesday

## EXERCISE

Edgewood	10:00 am	Tuesday
Luisa (Walking)	8:30 am	Friday
M.E.G. (Open)	7:30 am	Mon. thru Fri.
Pasatiempo (Class)	10:00 am	Mon./Wed./Fri.
Santa Cruz	9:45 am	Mon./Wed.
Ventana de Vida (Open)	8:30 am	Mon. thru Fri.

## GUITAR (Beginner)

Pasatiempo	9:00 am	Monday
Luisa	9:00 am	Wednesday

## LINE DANCING

Pasatiempo (Beg.)	12:30 pm	Tuesday
Pasatiempo (Adv.)	1:00 pm	Tuesday

## LEATHERWORK

Edgewood	1:00 pm	Wednesday
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## MOVIE DAY

Luisa	1:00 pm	Last Wednesday
M.E.G.	1:15 pm	2nd Thursday

## OPEN ARTS & CRAFTS

Chimayo	12:30 pm	Tuesday
El Rancho	12:00 pm	Tues./Wed.
Santa Cruz	9:00 am	Tues./Fri.
Villa Consuelo	9:00 am	Mon./Wed./Fri.
Ventana de Vida	1:15 pm	Friday

## PING PONG

Edgewood	12:30 pm	Mon. thru Fri.
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## POOL/CARDS

Luisa	8:00 am	Mon. thru Fri.
M.E.G.	8:00 am	Mon. thru Fri.

## QUILTING/SEWING

Luisa	9:00 am	Thursday
Pasatiempo	1:00 pm	Wednesday
Ventana de Vida	1:00 pm	Friday
M.E.G.	11:30 am	Thursday

## SING-A-LONG

Edgewood	12:30 pm	Thursday
Luisa	11:00 am	Tuesday
Pasatiempo (Spanish)	11:30 am	Wednesday
Pasatiempo (English)	12:00 am	Mon./Thurs.
M.E.G. (Spanish)	11:30 am	Friday

## TAI CHI

Pasatiempo	9:00 am	Thursday
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## WEAVING

El Rancho	9:00 am	Wednesday
Santa Cruz	9am/12:30pm	Monday
Chimayo	12:30 pm	Monday

## WOOD/STRAW APPLIQUE

M.E.G.	9:30 am	Thursday
Pasatiempo	9:30 am	Wednesday
Santa Cruz	12:30 pm	Tuesday
Villa Consuelo	1:00 pm	Wednesday

## YOGA

Pasatiempo	8:30 am	Tuesday
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# SENIOR OLYMPICS corner

## Hot Flashes Sizzle in Las Cruces!

To hear Joyce Montoya and Arlene Mayer talk, you come away convinced that nobody, but nobody, has more thrills and downright fun than volley ballers! Hot Flashes these young ladies call themselves. And they were so proud of the name of their Santa Fe women's team that the men on the co-ed team insisted that they be called Hot Flashes too.

So that is how the first ever co-ed team State Senior Olympic volleyball tournament began in Las Cruces in early June. The Hot Flashes brought home the sizzling bacon to Santa Fe, so to speak. Gold bacon it was too. For sure for sure.



Montoya and Mayer agreed that the tournament was extremely well-run and the competition among the 26 teams was spirited, but also friendly. Arizona and Texas teams joined in the fun and the teams were very amiable in the post-game socializing.

The "original" Hot Flashes took the bronze in the 50-54 age category. The other enthusiastic women on this team were: Alice Garcia, Lou Garcia, Toni Montoya (all the sisters, mind you, and all from Espanola) and Santa Feans Annie Barela, Mary Gonzales, Mary Page and Pam Geyer.

Many of the red hot spikers in Cruces were men and women in their seventies who had to come down to younger age levels to comply with state regulations. Credit should be given to these "oldies but goodies," since volleyball played well is a rigorous activity for anybody.

Since women generally want the last word, I asked Joyce to make a parting comment. She obliged, saying that the current Santa Fe teams don't want to monopolize the great fun volleyball offers. She says that they welcome all players who have good fundamental skills to "come on down and join the troops."

## Men's Basketball Tournament Slam Dunk Success

Twenty-one teams from New Mexico and Texas enjoyed the action at a smoothly run tournament at the Genoveva Chavez Community Center on June 25<sup>th</sup> and 26<sup>th</sup>. The careful planning of the event was evident, beginning with the welcoming party on Friday night where the round ballers were treated royally to fine cuisine, lively mariachi music and good fellowship. The state and local boards, along with the Center's excellent staff collaborated beautifully together over the three day event, right up to the last buzzer.

The Santa Fe teams fared well. Los Viejos, our 65-69 entry, took the gold medal with an easy win over the Albuquerque Rascals. Likewise, Santa Fe's Old Stars won first place. The Old Stars, in the 60-64 age group, won several games to win the right to play the final game with the San Antonio, Texas All Stars. However, the Texas team, plagued with injuries, had to default.

Great publicity from newspapers was welcomed. Sportswriters James Barron of *The New Mexican* and Will Webber of *The Journal North* provided fine articles. Action photos of the senior athletes further enhanced the coverage of the tournament. May we continue to enjoy this kind of coverage in the future!

Competition on the courts was keen without being "cut throat". There was aura of camaraderie among the teams, with good natured kidding, mostly done with smiling faces. All people involved in this event, the organizers, the volunteers, the players, all had a good time. Well, maybe not the Texan who broke his nose. Yes, the tournament was a success.

Parting Shot:

Growing old is mandatory; growing up is optional.

Hasta septiembre, mis amigos!

-Bill Greaves

# SENIOR CENTERS MEMBERSHIP INFORMATION

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## Do you have a white Senior Center Membership ID Card?

All senior citizens who make use of the programs, transportation, activities or meals provided by the Division of Senior Services should have a Senior Center Membership ID Card. The card is white with the senior's photograph, emergency contact, medication information, and a barcode on it.

The barcode enables us to scan the card when we provide meals, transportation, activities, or commodities so that we can record units of service provided. The more units of service we can document, the more funding we receive to continue and expand our services to the senior population. So, it is very important to our programs for each senior to have a card and to bring it every time they use any Senior Services program.

If you do not have a card, please come get one. The card costs \$2 (\$1 for a reprint, if you lose yours or the information needs to be updated). The white cards NEVER EXPIRE!

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### THE FOLLOWING IS THE SENIOR ID SCHEDULE FOR AUGUST 2004:

M.E.G. Center	Tuesdays	August 3, 10, 24, 31	9:30 to 12:00 & 1:30 to 3:00
M.E.G. Center	Thursdays	August 5, 12, 26	9:30 to 12:00 & 1:30 to 3:00

Please Note: Due to the Conference on Aging, August 17 & 19 IDs are cancelled that week.

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## HEALTH

### BLOOD PRESSURES, BLOOD SUGAR AND OXYGEN LEVEL TESTS

*All tests are free of charge and open to anyone age 60 or over. Following the tests is a brief, free medical consultation, based on test results.*

Tests this month will be conducted on the following dates:

<b>M.E.G. Center</b> - First & Second Tues. (Tests conducted by Joanne M. Valdez, RN, BSN and /or Joan Sudborough, RN, BSN)	<b>August 3 &amp; 10</b>	11:00 a.m. to 12:00 noon
<b>Luisa Center</b> - First Thurs. (Tests conducted by Joanne M. Valdez, RN, BSN and /or Joan Sudborough, RN, BSN)	<b>August 5</b>	11:00 a.m. to 12:00 noon
<b>Villa Consuelo Center</b> - Second Thurs. (Tests conducted by Joanne M. Valdez, RN, BSN and /or Joan Sudborough, RN, BSN)	<b>August 12</b>	10:00 a.m. to 11:00 a.m.
<b>Pasatiempo Center</b> - Third Tues. (Tests conducted by Joanne M. Valdez, RN, BSN and /or Joan Sudborough, RN, BSN)	<b>See below</b>	11:00 a.m. to 12:00 noon
<b>Ventana de Vida Center</b> - Third Thurs. (Tests conducted by Joanne M. Valdez, RN, BSN and /or Joan Sudborough, RN, BSN)	<b>See below</b>	11:00 a.m. to 12:00 noon
<b>Edgewood Center</b> - Every Thurs. (Tests conducted by Valerie Dorcy, RN)	<b>August 5, 12, 19, 26</b>	1:00 p.m. to 3:00 p.m.
<b>El Rancho Center</b> - Second Mon. (Tests conducted by Jerry Davis, RN)	<b>August 9</b>	10:00 a.m. to 12:00 noon
<b>Santa Cruz Center</b> - Third Wed. (Tests conducted by Frances Vigil, RN)	<b>August 18</b>	11:00 a.m. to 1:00 p.m.

There will be no blood pressure checks at Pasatiempo or Ventana de Vida in August so that the nurses will be able to perform those volunteer duties at the Conference on Aging in Glorieta August 17, 18 & 19.



## Research news...you can use.

(From *Healthy Aging* Winter 2001)

### High Cholesterol?

The only “drug” on the market that can improve your entire blood fat profile is not a drug at all. It is the B vitamin niacin. While statin drugs can lower “bad” cholesterol, they don’t do much to bring down high triglycerides or raise “good” HDL cholesterol.

The National Heart, Lung and Blood Institute recommends niacin as the “drug of first choice” if all your blood fats are in danger zones.

It was long thought that the high doses of niacin needed to improve cholesterol levels could cause flushing, rashes and liver damage. But newer research shows that if it’s prescribed correctly, liver damage shouldn’t be a problem, and flushing should only be temporary.

Another option is combination therapy where niacin is combined with a statin drug. This seems to eliminate all the side effects of a mega-dose niacin, while still giving you all of its benefits.

Niacin therapy may not be appropriate for everyone. Check with your doctor to see if you are a good candidate.

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## HHS Awards \$6.78 Million to Alzheimer’s Disease Demo Programs

(An Administration on Aging eNews Announcement)

Health and Human Services Secretary Tommy Thompson announced \$6.78 million to develop innovative approaches to provide care for people with Alzheimer’s disease and support for their family caregivers.

“The pain of losing a loved one to Alzheimer’s disease is too often compounded by not being able to take care of them,” Secretary Thompson said. “This funding will give thousands of families the opportunity to provide the support, compassion, and love that only a family member could.”

For more information, go to [www.aoa.gov/alz](http://www.aoa.gov/alz).

## Senior Exercise Tips

(Submitted by Walter Backus, Senior Olympic Committee Chairman)

I know a lot of seniors are not working out very much these days. I certainly don’t have all of the answers but I do read a lot of training material that I am given from which some people might obtain some benefit.

### Try rope skipping!

Looking for a fast way to get into great shape? Want a different, yet effective, exercise for warming up prior to any rigorous conditioning activity? Feel in need of special exercise to take as good care of your cardiovascular fitness? Then you definitely should try rope skipping.

To the uninitiated, rope skipping seems either very easy (when someone else does it) or very childish (when one associates it with school yard play). Nevertheless, rope skipping is perhaps the finest internal conditioner on earth; even superior to jogging and running.

### Advantages:

Rope skipping is definitely a convenient activity, requiring only minimal space, and simplest kind equipment—a rope. A good skip rope is, of course, an asset, and the serious fitness or physical culture devotee will want more than a length of clothesline to work with; but the fact remains, one can skip using only an improvised skip rope, if that is all that is available.

A place to jump rope is no problem, either, since one can literally do it anywhere—while watching TV at home, in the corner of a health club, in one’s back yard, even in one’s office! I know an executive who keeps a rope in his briefcase, and twice a day, he shuts the door to his office for a rope skipping break! In three minutes time he gives his heart, lungs, feet, and ankles a fine “fine toning up” and a great overall “lift”. When he is at home, he trains harder—working to the point where he sweats.

Rope skipping is also never dependent upon nice weather, as jogging and running often are. One needs never miss a work out. I personally maintain that rope skipping is the best way to get into reasonable shape at the fastest time.

# HEALTH continued

## *Rx-America Group, Inc.* a non profit organization

*Rx-America Group, Inc.* is a non-profit organization that will help locate prescription medication that is discounted from 30-90%. This **FREE** service is currently offered to help lower prescription medication costs. Persons that qualify:

- Seniors (who **do not** have medical and/or prescription insurance)
- Persons without medical insurance
- Persons with limited coverage insurance or have exceeded maximum allowable co-payment on your insurance
- Medicare recipients
- Medicaid recipients

Through internet service, *Rx-America Group, Inc.* will research, locate and obtain your prescription medication from certified pharmaceutical companies throughout Canada and other countries.

*\*This service is for location of discounted doctor prescribed medication only and is not for diagnosing or treating your health care problems or disease, or to prescribe medication.*

To obtain a **FREE** prescription search, please fill out the attached form and mail to Director, c/o *Rx-America Group, Inc.*, PO Box 31753, Santa Fe, New Mexico, 87594-1753.

(PLEASE PRINT CLEARLY)

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

PHONE: \_\_\_\_\_

Best Time to Call: \_\_\_\_\_ Home Bound? \_\_\_\_\_ Yes \_\_\_\_\_ No

Prescriptions

Dosage (in ml. or mg.)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

# PUZZLES

## 93 CROSSWORD



### ACROSS

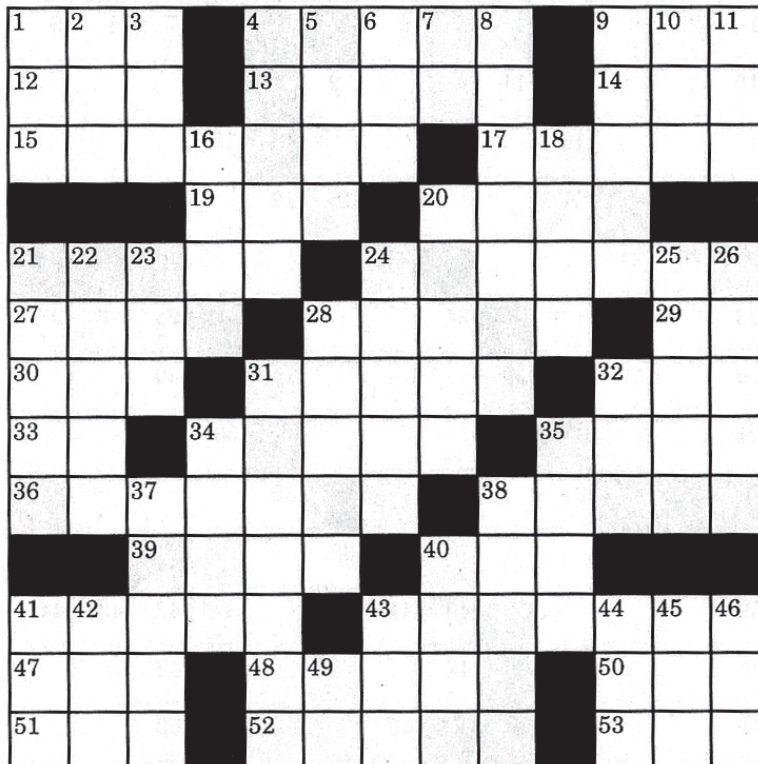
1. Wager
4. Weighing instrument
9. For what reason?
12. Actress Gardner
13. Eagle's claw
14. Weeding implement
15. Trash
17. Stumbles
19. Single item
20. Slender
21. Fast
24. Least small
27. Spoken
28. Melodies
29. In the direction of
30. Sleeping place
31. Healed
32. Butter square
33. Off's opposite
34. Judges' gowns
35. Body of water
36. Hot —, Mexican dish
38. Stories
39. Assists
40. Somewhat dark
41. Spry
43. Where planes land

47. Writing tool
48. Gleam
50. Payable
51. Golf peg
52. Made gentle
53. Cozy room

### DOWN

1. Sack
2. Ms. Gabor
3. Paving goo
4. Get to one's feet
5. Zoo "room"
6. Bubbly beverage
7. "— and behold!"
8. Went in
9. Complain childishy

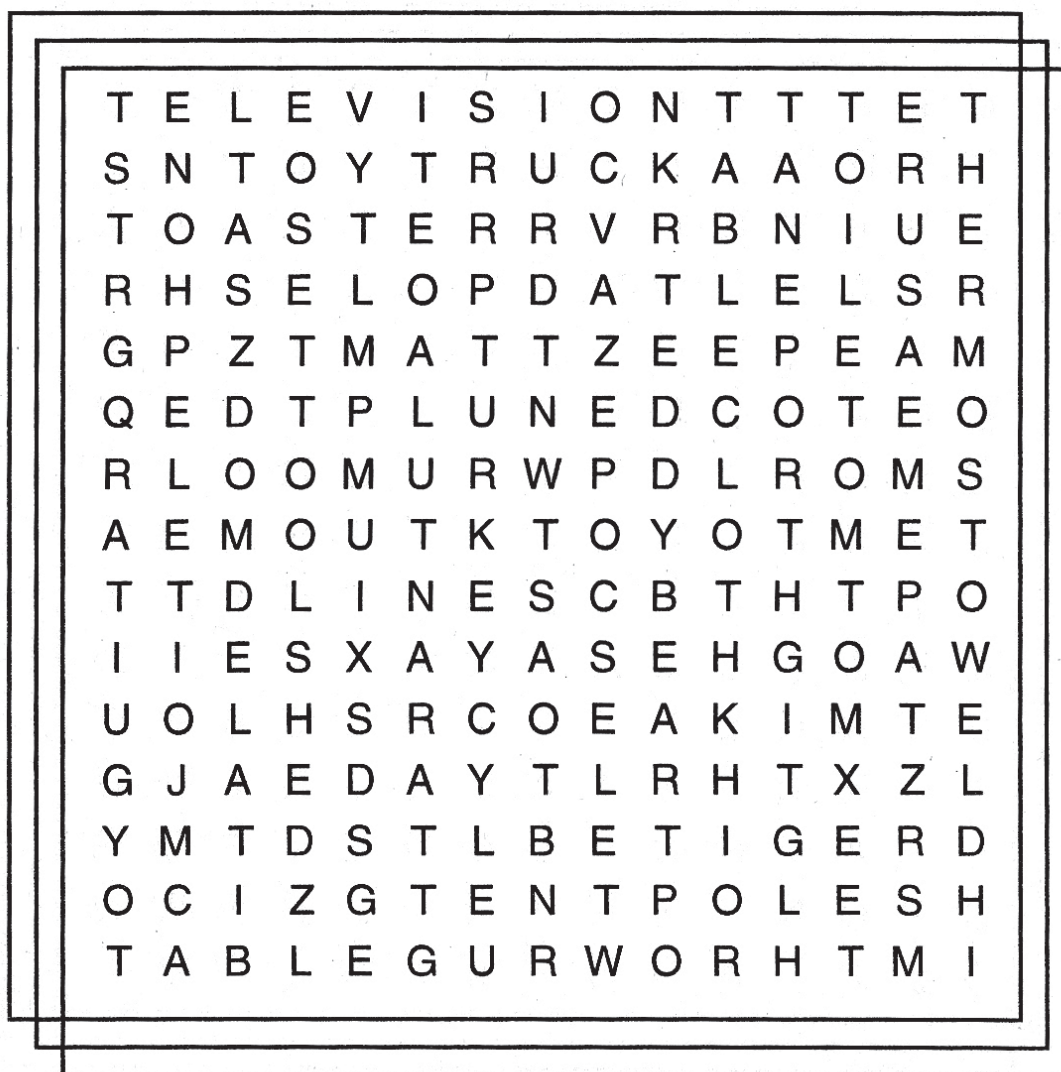
10. Move like a kangaroo
11. Affirmative reply
16. Bring to the bubbling stage
18. Old, worn clothes
20. Country roads
21. Mechanical man
22. Football stadium
23. Cushion
24. Entices
25. At —, being risked
26. Carries
28. Toothpaste containers
31. Most frigid
32. Chum
34. Fence post
35. Light source
37. The Pine Tree State
38. Became weary
40. Eat
41. Likely (to)
42. Exclamation of surprise
43. Point (a weapon)
44. Unusual
45. Regret
46. Number of years in a decade
49. Laughter sound





# PUZZLES continued

## T's



W-0182

TABLE  
TABLECLOTH  
TADPOLES  
TAPE MEASURE  
TARANTULA  
TEASET  
TEDDYBEAR  
TELEPHONE  
TELESCOPE

TELEVISION  
TENT POLES  
THERMOS  
THROWRUG  
TIGER  
TIGHTROPE  
TILES  
TOAST

TOASTER  
TOILET  
TOMTOM  
TOOLSHED  
TOWEL  
TOY GUITAR  
TOY TRUCK  
TURKEY

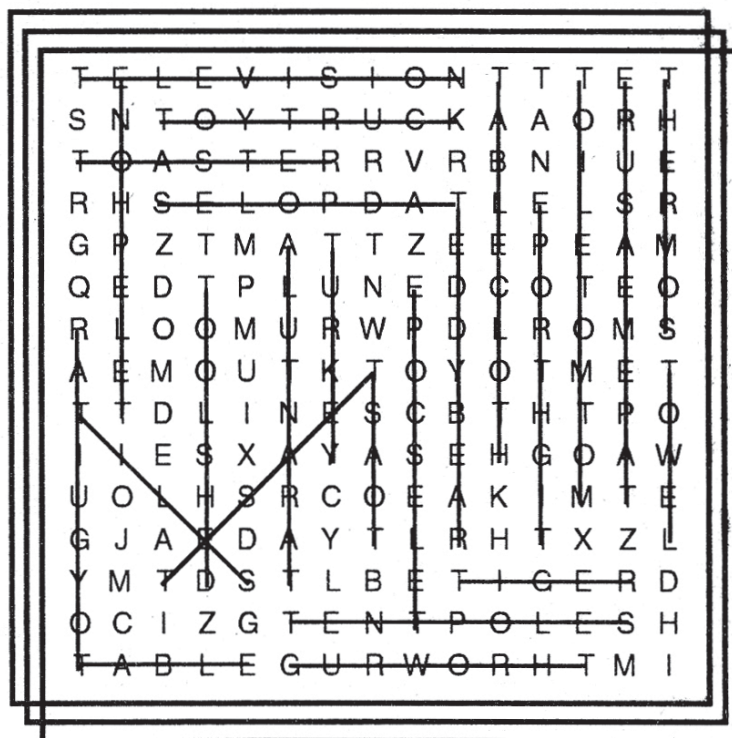


# PUZZLE answers

## CROSSWORD 93

B	E	T		S	C	A	L	E		W	H	Y
A	V	A		T	A	L	O	N		H	O	E
G	A	R	B	A	G	E		T	R	I	P	S
			O	N	E		L	E	A	N		
R	A	P	I	D		L	A	R	G	E	S	T
O	R	A	L		T	U	N	E	S		T	O
B	E	D		C	U	R	E	D		P	A	T
O	N		R	O	B	E	S		L	A	K	E
T	A	M	A	L	E	S		T	A	L	E	S
		A	I	D	S		D	I	M			
A	G	I	L	E		A	I	R	P	O	R	T
P	E	N		S	H	I	N	E		D	U	E
T	E	E		T	A	M	E	D		D	E	N

## puzzle 82



W-0182

# SENIOR CENTER LUNCH MENU

## AUGUST 2004

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
PORK CHOP SPINACH SCALLOPED POTATOES PEACH ROLL MILK	BREADED FISH SANDWICH WITH TARTAR SAUCE CAULIFLOWER POTATO WEDGES ORANGE MILK	CHICKEN FAJITA BELL PEPPERS & ONIONS BLACK BEANS SPANISH RICE ICE CREAM TORTILLA MILK	RED CHILI BEEF ENCHILADAS TOSSED SALAD MEXI CORN SWEET RICE TORTILLA MILK	STEAK FINGERS TATER TOTS COLE SLAW WHIPPED JELLO ROLL MILK
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
SPAGHETTI WITH MEAT SAUCE DUTCH VEGGIES CUCUMBER SALAD APRICOTS GARLIC TOAST MILK	LIVER & ONIONS MASHED POTATOES WITH GRAVY 5-WAY VEGGIES BROWNIE ROLL MILK	HAMBURGER WITH CHEESE PORK & BEANS BURGER SALAD CAKE MILK	PORK SPARE RIB BEET SALAD STEAMED RICE COOKIES ROLL MILK	BEEF TOSTADA WITH CHEESE & ONIONS REFRIED BEANS GARNISH PUDDING MILK
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
TUNA SALAD BOILED EGG GARNISH PECAN PIE CRACKERS MILK	BBQ CHICKEN MACARONI SALAD BAKED BEANS APPLE ROLL MILK	BEEF & TURKEY MEATLOAF RICE PILAF GREEN BEANS CANTALOUPE ROLL MILK	BAKED HAM CHEESY BROCCOLI SWEET POTATOES PINEAPPLE BITS ROLL MILK	BEEF TIPS OVER NOODLES WITH GRAVY PEAS PLUMS ROLL MILK
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
CHICKEN CORDON BLEU WITH MARINARA SAUCE BRUSSELS SPROUTS PARSLEY POTATOES PEAR ROLL / MILK	SAUSAGE & CHEESE PIZZA ITALIAN VEGGIES TOSSED SALAD JELLO MILK	FISH & FRIES HUSHPUPIES COLE SLAW SHERBET MILK	OPEN FACE TURKEY SANDWICH WITH GRAVY & STUFFING PEAS & CARROTS MIXED FRUIT MILK	ROUND STEAK 1/2 BAKED POTATO ASPARAGUS CARROT CAKE ROLL MILK
<b>30</b>	<b>31</b>			
BBQ BEEF SANDWICH CORN POTATO CHIPS HONEYDEW MILK	CRUNCHY CHICKEN TACOS PINTO BEANS GARNISH BANANA MILK			

Please note: At MEG Center only, on any given day, you may choose soup and salad rather than the hot meal listed above.